**Seventh Grade Nutrition and Fitness**

**Vocabulary Assessment**

**KEY**

**BMI (Body Mass Index) Nutrient-dense**

**Calorie Nutrition**

**Consume Metabolism**

**Consumer (consumption) Nutritious**

**Diet Obese**

**Dietary Guidelines for Americans Optimal**

**Fitness Physical activity**

**Inactivity Sedentary**

**Directions:** Fill in the blanks with the correct vocabulary word.

1. **BMI (Body Mass Index)**: A ratio that allows one to assess body size in relation to height and weight.
2. **Nutrient-dense**: Rich in nutrients for the number of calories contained.
3. **Fitness**: A person’s ability to handle physical work and play each day without getting overly tired.
4. **Optimal**: Most favorable or desirable.
5. **Consume**: Eat, drink, or ingest (food or drink); buy (goods or services); use up (a resource).
6. **Diet**: A pattern of eating that includes what a person eats, how a person eats, and how often a person eats.
7. **Nutrition**: The process of taking in food and using it for energy, growth, and good health.
8. **Sedentary**: Tending to spend much time seated; somewhat inactive, lacking exercise.
9. **Calorie**: The energy that foods supply to the body.
10. **Inactivity**: Not participating in daily physical activities.
11. **Metabolism**: The process by which the body breaks down substances and gets energy from food.
12. **Consumer**: One who purchases products or services.

13.) **Obese**: Being more than 20 percent heavier than what is appropriate for a person’s height, age, and body frame.

14.) **Dietary Guidelines for Americans**: A publication from the U.S. Department of Agriculture, which provides scientifically valid information about healthy eating and active living.

15.) **Physical activity**: Any movement that makes your body use extra energy.

16.) **Nutritious**: Nourishing; promoting growth and good health.